

WHAT IS CLAIMED IS :

1. Nutraceutical or pharmaceutical compositions rich in unsaturated fatty acids, characterized in that they contain free or combined α -linolenic acid at a concentration ranging from 70 to 90% of the global weight, admixed with fatty acids having five and/or six double-bonds, in the form of capsules, granules, powder on a powdery carrier or of drinkable emulsions.
2. Nutraceutical or pharmaceutical compositions according to claim 1, in which the α -linolenic acid is present as the free acid, an α -linolenic acid salt or an α -linolenic acid glyceride.
3. Nutraceutical or pharmaceutical compositions according to claim 1 or 2, in which α -linolenic acid is present as an adsorbate in a cellulose derivative or in a cyclodextrine.
4. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which the fatty acid with five double-bonds is eicosapentaenoic acid.
5. Nutraceutical or pharmaceutical compositions according to any of claims 1 to 3, in which the fatty acid with six double-bonds is docosahexaenoic acid.
6. Nutraceutical or pharmaceutical compositions according to claim 4, in which the fatty acid with five double-bonds is present as a fish oil, selected among halibut oil, cod liver oil, haddock oil, tuna oil, sardine oil and shark oil.
7. Nutraceutical or pharmaceutical compositions according to claim 5, in which the six double-bond fatty acid is present as fish oil, selected among tuna oil and sardine oil.
8. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which α -linolenic acid is present as an oil rich or concentrated in α -linolenic acid.
9. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which α -linolenic acid is present as kiwi seed oil.
10. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which eicosapentaenoic acid constitutes from 10 to 20% of the global weight.
11. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which docosahexaenoic acid constitutes from 25 to 35% of the global weight.
12. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, which also contains some γ -linolenic acid.
13. Nutraceutical or pharmaceutical compositions according to any of claims 1 to 12, containing from 800 to 1.000 mg of α -linolenic acid, from 80 to 120 mg of eicosapentaenoic acid and from 250 to 300 mg of docosahexaenoic acid, in the form of capsules, granules, powder on a powdery carrier or drinkable emulsions.
14. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which the excipient or vehicle is a neutral oil, stable towards rancidity, selected among almond oil, peanut oil, cotton seed oil, corn oil, water mixed with polysorbate or a mix water/ethanol mixed with polyethyleneglycol stearate.

15. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in the form of capsules, granules, powder on a powdery carrier or drinkable emulsions.

5 16. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, characterized in that they contain about 900 mg of α -linolenic acid, about 100 mg of eicosapentaenoic acid, about 270 mg of docosahexaenoic acid and about 115 mg of γ -linolenic acid, dispersed in an oil stable towards rancidity.

10

15